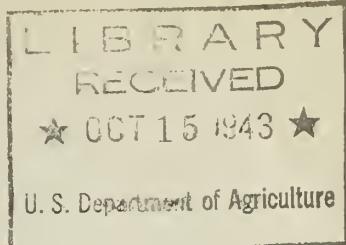


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HOW TO MAKE KITCHENETTE SAUERKRAUT*

The summer abundance of fruits and vegetables should be preserved to help provide appetizing and wholesome meals the year around. Making sauerkraut, is a good way to save more food.

The Kitchenette method of making sauerkraut is especially economical to use when only a few heads of cabbage are to be made into kraut at a time. This kraut contains more vitamin C than does sauerkraut made in a crock.

Use any type of two-quart jar except those with self-sealing covers. Test jars for leaks. Sterilize jars, covers and the spoon to be used in packing the sauerkraut.

Select good firm heads of cabbage. Early cabbage is as good as late varieties. Trim off outside leaves and remove all discolored spots. In handling keep trimmed heads clean. Rinse in running water with stem end down and drain. Shred cabbage into large pan or bowl. A two-quart jar will hold about $3\frac{1}{3}$ pounds of shredded cabbage. To this amount add 2 $\frac{1}{2}$ tablespoons salt and if desired 1 teaspoon sugar. Mix well.

Dip the rubber into boiling water and place on the hot jar.

With the spoon pack the cabbage firmly into the jar. Work quickly. Fill the jar to the very top and press until the juice runs out. Seal the jar and set on a pan or tray as juice may leak out during active fermentation. Keep the jar at room temperature until the bubbling stops, which will be in about two weeks. Do not pour back into the jar the juice that bubbles out.

As soon as bubbling ceases, retighten the cover. It may be advisable, according to experiments now being conducted at the University of Wisconsin, to replace the juice that has bubbled out of the jar with a boiling hot, weak brine--2 tablespoons salt dissolved in 1 quart of water--before retightening the cover. Wipe the outside of the jar and dip the top in hot paraffin to prevent the entrance of air. Keeping out all air tends to preserve more of the vitamin C and to prevent discoloration of the kraut.

The sauerkraut will be ready for use in from two to ten weeks, depending upon the degree of acidity desired. Use the juice as well as the kraut. Both are equally rich in vitamin C.

*Excerpt from Circular 334, Save Food by...making sauerkraut..sulphuring apples ..drying fruits and vegetables, by Mary Brady, Catherine Personious, Gladys Stillman. Extension Service of the College of Agriculture, The University of Wisconsin, Madison, July 1942 (revised March 1943.)

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